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Impacted wax treatment

There's something oddly satisfying about waxing a car on your own. Since most car owners don't think twice about washing their cars, waxing is something that is commonly left to professional auto detailers. If you share this sentiment, think again. Waxing a car is a simple task that can make your car look as new as the day you bought it. Not to mention the feeling of pride you'll undoubtedly have afterward. Read on below to find out how to wax a car, step by step. Choose a high-quality car wax To start, you'll need to figure out what type of wax to use on your car. There are several types of auto wax out there, and they can be confusing. From liquid to hard waxes, the choices are almost unlimited. That said, you can't go wrong with carnauba-based car wax. Carnauba wax is derived from the leaves of a plant that can be found in Brazil. It will give your car a high-quality shine and finish. Most car enthusiasts swear by it, and you can find this type of wax at most auto parts stores. Make sure your car is clean and dry Once you have that down, the next step is to make sure your car is clean and dry. For best results, wash your car thoroughly before proceeding to wax it. This is because waxing with a dusty and grimy cloth can leave your car worse off than when you started. It's all too easy for tiny particles to scratch your car while applying the wax, so it's best to start with a clean car. Protect your car by waxing indoors Choosing the proper location to do the job is also important. If you wax your car under direct sunlight, the wax will quickly dry out and it will be tough to get it out. Waxing outdoors can also attract unwanted elements, such as dirt and rain. That's not a good idea if you want to maintain your car's paint job. The best option is to wax your car in a well-lit garage. Apply safety precautions Next, check the instructions on your car wax. Depending on the brand and the type of wax, there may be specific directions that you need to follow. While this is a simple job, you still need to apply safety precautions. Most brands of wax include a pad that you can use for applying the product. Begin by applying a small amount of wax to the pad. Too much wax can make it difficult for you to spread it on the car, and you can always apply more later if needed. Begin waxing your car in small sections Wax your car in small sections using a steady circular motion. A thin layer of wax on each section should work just fine. Once you start the process, pace yourself, and go around the vehicle quickly while also taking care to be precise. Letting the wax dry out completely can make it hard to remove. Remove the wax to reveal a shinier car After you've worked through all the sections of your car, you're ready to wipe the wax off to reveal the results. Take a soft, clean cloth and use a circular motion again to remove the wax from your vehicle. When all the wax has come off, you should see a brilliant shine and luster on the surface of your vehicle. You should wax a car at least twice a year to maintain its clean and glossy look. Editors' Recommendations An Interview With Cindy BarshopBarshop is the owner of the Completely Bare spas in New York City, Westchester, and Palm Beach.When you're paying someone to put hot wax on sensitive parts of your body, trust is obviously important. Don't be shy about asking lots of questions in advance. • Book it right. Schedule all the services you want when you make the appointment. Women often book a bikini wax and then ask for a leg and eyebrow wax later, which can double the allotted time, and different areas may require different technicians. • Let it grow. The hair on the legs and bikini area should be a quarter-inch long if it's fine and a half-inch long if it's coarse. That means you'll need to wax every two to four weeks. • Prepare yourself. If you're waxing anywhere on your face, don't use retinol products, Accutane, or some antibiotics for the week beforehand. The morning before your appointment, exfoliate but skip the lotion. • Check the wax. There are two basic waxes: Strip wax is removed with a piece of fabric; hard wax goes on thicker and can be peeled off. Both are effective, though many people find hard wax, which is usually used for the bikini area, less painful and request it. • Manage the pain. Take two Advil an hour before your appointment. If it still hurts, ask the technician to apply strips to smaller areas at a time. After a wax, apply an aloe lotion or use a hydrocortisone cream if you get any red bumps.See Also Perhaps the worst thing about coming out of winter hibernation is the realization that a '70s-era embrace of body hair is not, in fact, sweeping the nation. That's not to say, though, that there is no way to make the delicate reacquaintance with your waxer more bearable. Here, tricks that actually help take the sting out of waxing: 1. Time it right. Make your appointment for the midpoint of your cycle, right around the time you're ovulating. "Hormonal shifts, extra blood flow—almost everyone feels more discomfort right before, during, and after her period," says Jodi Shays, owner of Queen Bee Salon & Spa in Los Angeles. 2. Don't be a baby. Experienced waxers will testify that there's a psychological component to managing the pain. "People who have been waxing for a while know it's not that big a deal," says Shays. "But I've seen girls come in with their friends for the first time, and they're all screaming, 'Oooh, this will hurt!'" And guess what? Then it does." And it's best to accept that some areas simply hurt more than others. The upper lip is notoriously nasty. The underarm? Weirdly not so much. If you're extra sensitive, take an Advil or Motrin about a half hour before your appointment. 3. And don't be a lush. A drink (or two) may calm your nerves before the treatment, but that alcohol is going to make the pain feel that much worse during the wax.4. Avoid ingrowns. They're painful to look at, and even more painful to deal with. But xfoliating and moisturizing regularly and thoroughly will minimize nasty ingrown hairs—not just right after waxing, but beforehand, too. If you do get a mean one, try Tend Skin—it's active ingredient is acetylsalicylic acid, a similar active ingredient to aspirin.5. Get the red out. If your legs look sunburned for days after a wax, your "skin barrier was probably thinned by exfoliation," says dermatologist Leslie Baumann. Apply a 1 percent hydrocortisone cream three times a day and take Advil every four hours.For more tips on hair removal, check out the May issue of Allure, on newsstands now.RELATED LINKS:Inside Allure: The 10 Biggest Hair-Removal MistakesDaily Beauty Reporter: Is Your Waxer a Blabbermouth?Daily Beauty Reporter: Would You Go Out Without Shaving Your Armpits? Every waxing newbie has asked or wondered the million-dollar question: Does waxing hurt? The answer is a pretty universal "yes"—maybe even a "hell, yes." Although we figure most people are happier to see their waxers than their dentists, getting waxed is probably one of the least fun things you can pay to experience at a spa or salon. But you can take action before and after a waxing service to soften the sting of waxing as well as any painful side effects. The timing of your appointment, the condition of your skin, even what you drink in the hours before your waxing appointment—can all contribute to making your waxing experience torturous or a relative breeze. We talked to experts to learn why a waxing appointment can be such a harrowing experience and what, exactly, you can do to minimize waxing-related trauma. Read on for our guide to getting the most painless wax ever. Caroline Tompkins/Refinery29 for Getty Images If you've ever ripped an adhesive bandage off a hairy part of your body, you have a faint idea of what it's like to be waxed, even if you've never stepped into a waxing salon. Now, imagine that sensation with a much stronger adhesive, gripping hair over a larger area of your body. In essence, that's what waxing is. So, yeah—it hurts. "Pulling hair out manually is painful, as is the process of pulling adhesive off the skin itself," Tobia explains. "There is a lot of pain associated with this procedure." Ciraldo says bluntly. There is a biological explanation for the "ouch" factor of waxing. "Anatomically, the hair root is close to the nerve root," Ciraldo explains. Although waxing is "generally harmless" to your body, pulling hair from the root "triggers the same pain response" as a physical injury, Tobia says. Although the shock of having your hair pulled out subsides in a matter of seconds, painful side effects can stick around: tenderness, irritation, swelling, rashes, ingrown hairs, and even bleeding. Rarely—particularly if aftercare instructions aren't followed—waxing can cause skin to become infected. Another factor that can increase the pain factor of waxing is where you do it; for example, Tobia and Ciraldo say that Brazilian waxes and other genital-area waxes are typically rated the most painful. "Patients tell me that the most painful areas for waxing are also the most overall sensitive areas, especially in the pubic area," Ciraldo says. Hair around the genitals and bikini line tends to be thicker than on other areas of the body, requiring more force to yank it and, thus, causing more pain. "This area has a higher concentration of sensory nerves, so it will generally be more painful to wax than, for instance, the underarms," she adds. The most painful spots to wax on your face? Ciraldo says brows and upper lips tend to be the most delicate areas. "Brows [can] be sensitive due to the very thin skin in the brow area, which tends to make this more sensitive than, for instance, the chin," she says. "Lips are also very sensitive to procedures, and I have attributed this to their high vascularity." Ultimately, whether you find waxing absolutely unbearable or simply a little uncomfortable is subjective. "Pain levels vary from one person to the next," Tobia explains. Regardless, prepping before and after your waxing appointment can majorly reduce your suffering. The week before your waxing appointment, take a look at your skincare routine in the area you intend to wax. If you use any retinoids, Levin stresses the importance of stopping those skincare products two to five days before a waxing session to prevent superficial skin from being ripped off with the hair. Also, make sure none of your prescriptions are incompatible with getting waxed. "Some medications can either create or exacerbate skin sensitivities," Tobia explains. For instance, getting waxed while taking isotretinoin (aka Accutane) is a no-no since it can strip off the top layer of skin. If you're at all in doubt whether waxing is right for you, schedule a chat with your doctor or dermatologist. Heading into a waxing appointment, your skin absolutely must be healthy and free of irritation. "If you have any open wounds or particular skin conditions, you should avoid waxing any affected areas while that condition is present," Tobia cautions. Ciraldo suggests making sure waxed skin is free of rashes and sunburns "since sunburned skin is more sensitive." Be sure to avoid caffeinated drinks and alcohol. "Caffeine can increase blood flow and can exacerbate bruising of the skin, while alcohol thins your blood and can cause you to bleed more easily when waxed," Tobia says. Finally, avoid scheduling your wax when you're expecting your period; according to Levin, the pang of waxing can be exacerbated around or during your period, due to increased inflammation and shifts in hormone levels. Now that you know what not to do before a wax, here are some tips to make your salon waxing experience go down as smoothly as possible. First, you want to hire a reputable licensed esthetician for the safest, most effective wax. "I recommend that you go to someone based on referral," Ciraldo suggests. When scheduling your appointment, ensure that the hair being waxed will be the proper length. "Hair should be at least a quarter of an inch for the wax to adhere to the hair properly," Tobia advises. Hair that's longer than this can be more painful to wax; if the hair is too short, "there's a chance that there will still be random hairs that aren't removed from the wax." The night before your appointment, gently exfoliate the area to be waxed to prevent ingrown hairs and folliculitis, Levin suggests. Try exfoliating with mild chemicals like salicylic acid and glycolic acid rather than harsh physical exfoliants, like apricot kernels. On the day of your treatment, there are several (cheap!) options for lessening the sting of waxing. Ciraldo recommends using one percent hydrocortisone cream, available over the counter at drugstores. "If you anticipate discomfort, apply the hydrocortisone at least an hour before the procedure. Its anti-inflammatory benefits can make post-procedure less painful," Ciraldo suggests. Hydrocortisone also reduces redness, she adds. Another topical to think about trying is lidocaine. "A topical lidocaine spray can also numb your skin before waxing if you're especially sensitive to waxing pain," Tobia says. Your esthetician may even keep it on hand for clients; if not, you can find it at a drugstore for under \$10. Acetaminophen (aka Tylenol) is yet another pain-relieving tool. "You can take acetaminophen beforehand since it will help the pain but not cause bruising like other pain pills can," Ciraldo advises. Try taking it about 30 minutes before your service. And don't forget about regular ol' ice. Although some waxers pooh-pooh ice before waxing—it can tighten pores, making hair more challenging to yank—it's a surefire way to numb the pain. Levin suggests toting a cold pack to your appointment and icing skin just before your treatment. Although at-home waxing can be an effective way to save a buck, DIY waxers are prone to making pretty painful mistakes, Tobia warns. One common—and quite literal—pain point? Wax burns. Tobia says, "DIY, at-home waxing is a much more likely cause of burns, often because many people overheat their wax, especially if they're using a microwaveable, at-home waxing kit," she explains. (Wax burns at the hands of experienced professionals are uncommon, she assures us). To avoid wax burns, check the consistency of your wax after heating; if the wax appears runny or watery, it's likely too hot. If the wax's texture looks OK, do a small patch test on your skin. "Test the wax on the inner part of your forearm," Tobia suggests. "There's enough sensitivity to provide good temperature feedback, but you can also avoid tearing off a patch of visible skin in the process of testing the wax." Another way to reduce pain during waxing is your technique; a one-handed, rip-off-the-band-aid approach is practically guaranteed to maximize agony. "During the wax, pulling the skin taut before applying and removing the wax helps to reduce the painful sensation," Tobia says. In other words, you should be using two hands to wax: one to pull off the wax strip and the other to anchor your skin, making the hair removal as quick and clean as possible. If aching from your wax lingers, some of your pre-waxing tricks are also handy for relieving post-waxing pains. "If you are at all uncomfortable afterward, apply one percent hydrocortisone two to three times a day for the first 48 hours," Ciraldo says. Ice and acetaminophen can help reduce swelling and tenderness, too. Other than applying hydrocortisone, give your skin a breather. "For body waxing, avoid applying oils or lotions immediately afterward unless directed by a professional," Tobia says. Also, "avoid tight or abrasive clothing," she adds. Keeping the waxed area clean and free of irritants helps prevent infection, another potentially excruciating side effect. A few days after your wax, restart a gentle exfoliating regimen. "Exfoliating helps to avoid ingrown hairs, which are an indirect cause of pain due to waxing," Tobia explains. Is it possible to make waxing painless? Doubtful—but with good pre- and post-waxing care plus repeated treatment, waxing may eventually feel less painful, Tobia suggests. "As with most things that are mild to moderately painful ... the more often you do it, the more accustomed you get to the sensation," Tobia says. "You're much less likely to perceive waxing as painful over time."

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